

Christian Science Sentinel

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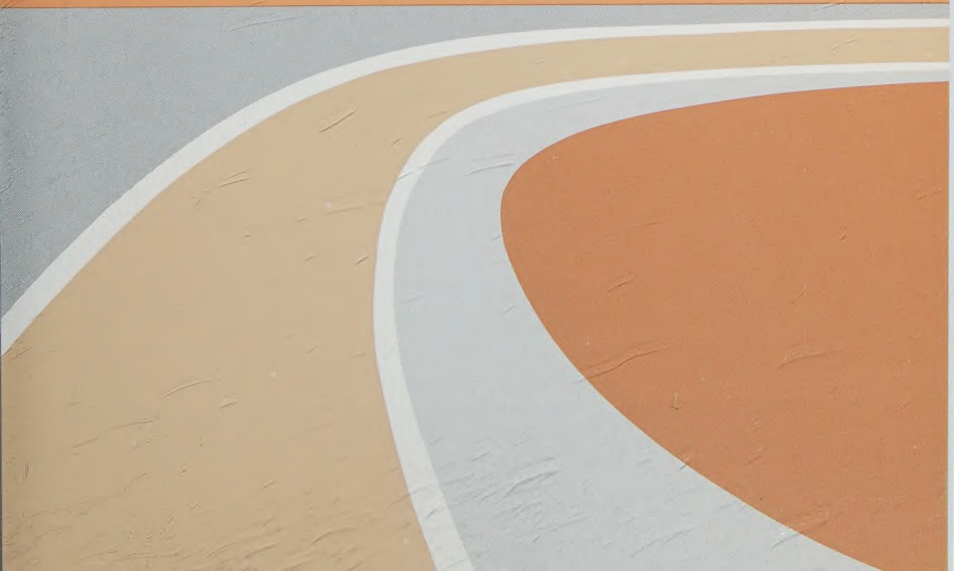
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"What I say unto you I say unto all, WATCH."—Jesus

Which way — medicine or Christian Science?
Overcoming stress and anxiety
Healing without delay



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Founded in 1898 by Mary Baker Eddy,
 Author of the Christian Science Textbook,
Science and Health with Key to the Scriptures



Marca Registrada

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Christian Science Sentinel®

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“What I say unto you I say unto all, WATCH.” Jesus

Overcoming stress and anxiety

HELEN WOOD BAUMAN

According to the divine revelation of Christian Science, no one is homeless or in a state of struggle or stress. Regardless of where human experiences, responsibilities, and adventures, or even dangers, lead one, one's home in God is ever present, a refuge and a joy. But it must be found in Spirit, not in matter.

God, divine Love, includes His own sons and daughters and is inseparable from them. They are Love's ideas, Love's reflection of its own harmony and peace and security. So Love's refuge from the troubles of human existence, with the stress and anxiety that often accompany it, is always available to those who acknowledge man's true relationship to his Maker.

Paul is quoted in the Bible as saying of God: “In him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.”¹

Mary Baker Eddy discovered the Science of this eternal relationship, and her writings on Christian Science show the need of our realizing that God is eternally aware of His own ideas and of the spiritual harmony and peace that characterize each identity.

Stress and anxiety imply pressure, and anyone getting into such states of thought needs to stop and analyze what is happening. Perhaps the individual is determined to have his own way about something, regardless of the rights of others. Or he might imagine many reasons for fear.

The mortal sense of anxiety and pressure must be the action of human will—either from within one's own thought or from some external, suggested influence.

There is a true sense of pressure, which Mrs. Eddy, the Discoverer and Founder of Christian Science, explains in *Science and Health* where she says: "Christian Scientists must live under the constant pressure of the apostolic command to come out from the material world and be separate. They must renounce aggression, oppression and the pride of power. Christianity, with the crown of Love upon her brow, must be their queen of life."²

Stress and anxiety are overcome as one rises above the mortal sense of life—which describes man as the very opposite of God's image—and demonstrates the peace and poise that come with the realization that this image is forever at home in the Mind whose knowing gives it existence.

Stress over human convictions and anxiety over the outcome of human hopes can make an individual miserable if he doesn't counteract them with the truth that God is infinite Love and that all things are under divine control.

The remedy for personal stress and anxiety is to turn so completely to this truth of Love's allness and government of creation that the personal sense of existence and experience loses its intensity and one's real selfhood comes to thought.

Mrs. Eddy gives us this practical rule in hastening such a change of consciousness: "The consciousness of corporeality, and whatever is connected therewith, must be outgrown." She soon continues, "Man's individual life is infinitely above a bodily form of existence, and the human concept antagonizes the divine."³

When thought is scientifically and joyfully rising to recognize one's eternal home in Love as its precious offspring, the strain that hinges upon the acceptance of the false dream of life in matter fades out like the dream it is.

God can surely maintain peace in His ideas. It is good to remember the words in *Science and Health*, "The earth's motion and position are sustained by Mind alone." And a little farther on, "The admission to one's self that man is God's own likeness sets man free to master the infinite idea."⁴

With such a vast sense of power and divine control to contemplate, one is certain to drop stress and anxiety concerning his human activities and rest in the scientific understanding of his eternal home in Love.

There is always a higher realm to resort to, regardless of the unpleasant suggestions of mortal mind, the mind that is not God. And there in that realm we can find the security that exists forever for God's offspring.

It is mortal sense that would prevent our rising to that higher realm where stress and worry are not known. And it is this mortal sense that must be proved unreal and nonexistent if peace and the consciousness of security are to be found. The physical senses produce and maintain the fears that rouse anxiety. But those senses are no part of God's man or of his life. And they have no reality.

The faithful Christian Scientist can always transcend the impressions of those physical senses and become conscious in some degree of the heaven that Christ Jesus brought to light. Never did the master Christian forget the purpose of his mission. His prayer, "Thy kingdom come,"⁵ showed the path his followers were to pursue, for at the very beginning of his mission he announced it: "Repent: for the kingdom of heaven is at hand."⁶

He proved the presence of that realm of peace and divine authority by healing the sinful and sick and restoring the kingdom that knows neither stress nor anxiety. And he did this for multitudes to come.

Are you living in a state of pressure? Then you must be believing in a realm where God is not in full authority. And you must correct this delusion, turn away from the seeming evidence

of a godless existence, and accept as real only the states of mind that acknowledge Love as the one divine Mind. You can submit your entire life to the revealed knowledge that you are living in that one Mind and are controlled by the divine will. Then you will prove that there is no reason for stress or anxiety. God cares for His own.

¹ Acts 17:28; ² *Science and Health with Key to the Scriptures*, p. 451; ³ *Miscellaneous Writings*, p. 309; ⁴ *Science and Health*, p. 90; ⁵ Matt. 6:10; ⁶ Matt. 4:17.

Exult!

Free to be—
that's what freedom is to me!
To burst the false confines
of mortal thinking that would bind
me to the earth,
and shout the celebration of rebirth!

God has made me what I am,
and has not put me in some traffic jam
of creeping, petty pace;
I am entered in a swifter race,
to run and leap unfettered, in His praise,
up to Him my psalm of singing raise.
Freedom is what He's given me,
for He has made me free—to be!

SEAN SULLIVAN

"Many mansions"

JUDITH ANN HARDY

Christ Jesus' loving assurance "In my Father's house are many mansions . . . I go to prepare a place for you"¹ can have special meaning for anyone who must move to a new location. More than a comforting statement, these words of the Master's are a powerful truth, a spiritual law, which when understood, held to, and trusted can transform what might otherwise be a difficult experience into a happy adventure, nullifying any sense of interruption or loss.

Take it from our family of "corporate gypsies." We have moved eleven times now, including one move overseas. Through each experience we have learned to trust the Father's will of abundant good for us and His tender care in imparting it to us. And God has never failed to place us in a mansion. No hundred-room castles and hundred-acre estates, true; but when we have dwelt in the Father's house He has always provided us with a well-located dwelling place that has abundantly met the needs of our whole family, individually and collectively.

This dwelling in the Father's house is a mental state—an awareness of God's, Love's, omnipresence. We dwell in the consciousness of Love as we acknowledge and accept God and His reflection, man, as the reality of being; as we become conscious of Love's complete control of, constant care for, and continuous communication with His spiritual idea, man. In reality God's perfect plan—His perpetual unfoldment of unlimited spiritual good to His ideas—is all that is going on. Man is the individual reflection of the one all-knowing, all-loving, all-acting Mind. Therefore, continual harmony and progress—unconfined, intelligent, orderly, and satisfying—are all that can constitute man's existence. As we perceive these spiritual facts and acknowledge

them as law in the human realm, we will see the Christ, or Truth, governing our entire experience.

“Metaphysics resolves things into thoughts, and exchanges the objects of sense for the ideas of Soul,”² writes Mrs. Eddy in *Science and Health*. To dwell in the Father’s house is to do exactly that. It is to exchange one’s concept of home as 14 Maple Lane, bricks and mortar, fence and trees, for the spiritual idea of home: Love’s infinitude characterized by such divine qualities as individuality, joy, peace, security, purity, love, understanding, order, harmony, stability, and strength. These exist wholly independent of material surroundings. As qualities of Soul, our real home, they abide in our thought, so we can consciously take them with us wherever we go.

When looking for a place to live in a new location, how tempting can be the suggestion to make a list of “musts”—things that we feel the next house must have, such as a certain number of rooms, fireplace, garage, garden, or whatever. But how much more receptive to God’s guidance we are when we go house-finding equipped instead with a mental list of the spiritual qualities of our real home in God! Then we will be led by His will, instead of willfully planning exactly what He should lead us to. As we listen for Mind’s direction, we will know which house is right for us. And we’ll find that divine wisdom fulfills our needs far better than mere human outlining ever can.

Often an imbalance seems to be involved in a move: too little time or money, a housing shortage, a job market deficiency, too much furniture, a too long lease.

But by dwelling in our Father’s house, we can become conscious of Principle’s ever-operative law of supply and demand governing its ideas. Our dwelling there demands that we turn entirely away from the human picture of insufficiency or surplus and steadfastly perceive the stable economy of Spirit, God, who continuously coordinates all good to preserve His infinite harmony. Perhaps Paul saw something of this divine order when he wrote to the Corinthians about their gift to the Jerusalem church: “I mean not that other men be eased, and ye burdened: but by an equality, that now at this time your abundance may be a supply for their want, that their abundance also may be a

supply for your want: that there may be equality." ³ Here is the Bible promise of the balanced working of Love's law. When we bear witness to this divine law, we bring it into effect in our human experience, counteracting the material so-called laws of lack and surplus.

"Each successive stage of experience unfolds new views of divine goodness and love," ⁴ *Science and Health* assures us. Even though we are welcoming our new opportunity, we must be alert to the temptation to try to hang on to past good. Yearning for that better house, friendlier neighborhood, bigger school, easier job, we left behind only obscures Love's present provision for us. "The fullness of His blessing/Encompasseth our way," ⁵ a hymn tells us. But in order to receive "the fullness of His blessing" we need willingness. Willingness to leave the past for the present. Willingness to accept the abundant good God has for us right now. Willingness to wholeheartedly trust God to provide for us now and every moment to come.

"Wisdom and knowledge shall be the stability of thy times," ⁶ the Bible assures us. What wisdom? And what knowledge? It is that true knowledge, grasped even in part, that God, good, is All, His power unimpeachable, and His law irreproachable. It is that wisdom which we can claim as our own now as God's, Mind's, reflection, the divine wisdom that enables us to trust His perfect provision for us no matter what the material situation appears to be. We can be confident that this knowledge and wisdom will lead us to our God-prepared mansion, where we can give and receive the most good.

¹ John 14:2; ² *Science and Health*, p. 269; ³ II Cor. 8:13, 14; ⁴ *Science and Health*, p. 66; ⁵ *Christian Science Hymnal*, No. 65; ⁶ Isa. 33:6.

Both economy and riches

ROLF WITZSCHE

Most people regard economy as useful, whether it is applied in household or global affairs. We even find it practiced by those who have no need to do so. Does this not point to the fact that economy can be a natural expression of gratitude?

Mrs. Eddy speaks of economy in the *Manual of The Mother Church*. She says, "God requires wisdom, economy, and brotherly love to characterize all the proceedings of the members of The Mother Church, The First Church of Christ, Scientist."¹ She didn't allow waste in her household, but neither did the practice of thrift and economy limit her.

After Christ Jesus fed the multitude with five loaves and two fishes, twelve baskets of fragments were taken up.² The fact that the fragments were gathered and not left strewn over the landscape can teach us appreciation for God's spiritual ideas, which provide us with limitless good.

Even though the appearance is that good is definitely limited, Christian Science reveals that the very opposite is actually the case. It reveals good as synonymous with God and His expression—as infinite, everywhere available for all.

If we were to try to economize in order to delay what we believed was an inevitable depletion, we would support the false notion that good is finite and thereby deprive ourselves of good. If, however, our practice of economy reflects an appreciation of all good as God's unlimited manifestation, we will enjoy His infinite blessings.

The prophet Elijah gave us evidence that resources need not be considered depletable. The Bible tells us he was directed by God to go to Zarephath where a widow would feed him. But the widow had barely enough for one meager meal for herself and

her son—a bit of flour and a little oil. Yet Elijah instructed her to serve him a cake and then make something for herself and her son. This was done, and “the barrel of meal wasted not, neither did the cruse of oil fail.”³

How clear was the prophet’s spiritual vision of the continuity of good under God’s care and love! Mrs. Eddy states, “Divine Love always has met and always will meet every human need.”⁴

Absolutely viewed, God, divine Principle, does not create matter, govern it, perpetuate it, or counteract its depletion, because true substance is spiritual. In spiritual reality one cannot consume matter or save it, for matter does not exist. The infinite divine Principle is Spirit and Love; it produces unending spiritual good, which appears to humanity in concrete ways that meet its needs.

We can gratefully acknowledge that God is indeed Love. In the presence of the absolute perfection of Love there is ample good to satisfy all. Yet this good needs to be noticed and claimed if we are to destroy the belief of depletion. We need that vital spiritual understanding that links us to the only source of good. Spiritual understanding alone can provide the vision of and gratitude for what is really always at hand.

All good is the manifestation of divine Spirit. Economic stagnation or depletion suggests too little gratitude to God or too little attention to the basic spiritual reality. Mrs. Eddy writes, “All that is worth reckoning is what we do, and the best of everything is not too good, but is economy and riches.”⁵

Riches, not limitation, arise from appreciation of all good as God’s emanation. We find that as we place economy on a spiritual basis, we more clearly perceive the amplitude of God’s love for man and experience His blessings.

¹ *Man.*, Art. XXIV, Sect. 5; ² See Matt. 14:19, 20; ³ I Kings 17:16; ⁴ *Science and Health*, p. 494; ⁵ *The First Church of Christ, Scientist, and Miscellany*, p. 203.

Remember your innocence

STEPHEN T. CARLSON

Christian Science cuts straight through the mesmeric belief that man is a blameworthy mortal. With the saving facts of existence it points our thought up toward spiritual reality rather than down into the bottomless pit of human reasoning and physical evidence. The reality of our being is that each of us is totally innocent at this moment, the upright reflection of God. Here is the ideal and only standpoint from which to silence the clamoring lie that man is a sinner trapped in mortality.

All our troubles are rooted in a misconception of God and of man's nature. Disease, for instance, has its basis in the belief that we are fragile physical personalities victimized by material laws. But this is not the truth of anyone's being. It is an inverted view of man, the treasured spiritual reflection of divine Love.

Is a wrongdoing mortal innocent? No, because he is living contrary to the true nature of man—which is really *his* true nature—contrary to divine law, and this sin must be destroyed. Its destruction is inevitable, since man is not a wrongdoing mortal and God's allness precludes the actual existence of sin or sinner.

Someone striving to be free of sin can be healed as he consistently asserts his innocence as God's expression and then lives faithfully by that assertion. We all need to welcome the thought of our innocence and cherish it. To approach each day from the standpoint that we are imperfect mortals trying to be better mortals misses the mark. It's not enough to lift us above wallowing in the dream of a mythical selfhood. Instead, we need to get a firm grip on the truth of man's uninterrupted innocence; this has to be our starting point. Mrs. Eddy tells us: "The grand realism that man is the true image of God, not fallen or inverted, is demonstrated by Christian Science. And because Christ's dear de-

mand, 'Be ye therefore perfect,' is valid, it will be found possible to fulfil it." ¹

Because the concepts of guilt and original sin seem to be ingrained in human consciousness, we might often freshen our perception of our own and everyone's innate innocence. And we can also know that because God is the only Mind and man reflects the divine Mind, there is actually no mind in which a false concept of man ever took root or grew. In reality there is no mortal, material mentality to entertain a sense of guilt or imperfection.

No one is truly guilty of being sinful, lonely, diseased, unemployed, because no one is guilty of being mortal.

What if we feel burdened by one of these troubles?

We may be assuming it is a fixed condition, an inherent part of our makeup. If we accept it as inevitable and real, give it a cause, analyze it, we will not easily be rid of it. But we can find healing by realizing our innocence as offspring of perfect divine Love.

We can affirm that inharmony has no actual existence, because it has no God-given existence; that it has no cause, because God is the only cause, and He causes His creation to express His perfect nature. Through prayer we can identify ourselves as sinless expressions of Spirit and deny the belief that we are physical personalities saddled with trouble.

In *Science and Health* Mrs. Eddy presents an allegory in which Mortal Man is charged with sickness and is on trial to determine his guilt or innocence. At the close of the trial the Chief Justice of the Supreme Court of Spirit says: "We have no trials for sickness before the tribunal of divine Spirit. There, Man is adjudged innocent of transgressing physical laws, because there are no such laws. Our statute is spiritual, our Government is divine. 'Shall not the Judge of all the earth do right?'" ²

It is especially comforting to read of Christ Jesus' instantaneous cures of longtime sufferers. There were no trials to determine guilt or innocence, no analyses of factors that might prevent healing. Because Jesus didn't ponder the false belief of discord, as his followers we're under no obligation to punish ourselves with unnecessary analyses of our plight. In fact, we are obliged to take the opposite, scientific course of action. There is no legitimacy to any form of discord.

“Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.”³ These were Jesus’ tender words to the woman healed, through the power of the Christ, of a hemorrhage of twelve years standing. We, too, can be tender with ourselves as we endeavor to see through the illusions of the physical senses.

Despite appearances, God sees us as unfallen, and this is the only reality of our being. Thankfully, we can each demonstrate this reality as we remember our innocence. We’re not guilty of being incomplete mortals. Each of us is a complete, individual, spiritual expression of Him, and each includes every quality belonging to the divine nature. There is nothing wanting in man, nothing missing. Man’s consciousness includes neither a vague nor a sharp sense of guilt nor a nagging feeling of dissatisfaction. These have neither cause nor true existence.

God is cause, and He is infinite Love. Regardless of the dilemma that may seem to face us, Love never lets us go. God, divine Love, is beholding us as perfect and through His boundless wisdom is providing the means by which we can daily prove our innocence.

¹ *Christian Science versus Pantheism*, pp. 11-12; ² *Science and Health*, pp. 441-442; ³ Mark 5:34.

Next week in the Sentinel _____

Daydreaming, either over our own or another’s personality, doesn’t satisfy the hunger for spirituality. One of next week’s editorials points the way to real fulfillment.

No losers

JANIS JETT MAYFIELD

The old courthouse square in our town used to have a raised concrete strip bordering its lawn, and men gathered there to sit in the shade and talk. Many of these men were derelicts. They had accepted defeat and were either drifting aimlessly or had already run aground. Based on the common belief that winning is achieving more or better material goals, their individual scoreboards declared that someone else had won. And the hopelessness that tugged at their shoulders and peeped from their downcast eyes said that here were the losers.

No matter how wise, virtuous, and prudent we are, all of us at some time or other appear to suffer losses. But these losses need not mean defeat. As the biblical story of Job illustrates, some people see loss and failure as God-sent and therefore unavoidable, or they believe that losses are brought on by sin, either their own or someone else's. Still others think losing or winning depends on luck: either you have it or you don't. Perhaps some of those defeated men at the courthouse square held this latter view.

But there is still another view of loss, the view Christ Jesus expressed when he referred to a bowed, crippled woman whom he had just healed as one "whom Satan hath bound."¹ What light is thrown on this healing by another saying of his, when he called Satan "a liar, and the father of it."² That which would bind mankind, bowing and crippling their bodies and stripping them of what they hold dear in life, is an impostor.

In her discovery of Christian Science, Mrs. Eddy learned, and scientifically proved, that no matter how Satan, or evil, masquerades, it has no real power but is sure to be exposed as powerless by Truth. Her authority for this view she found in the

Bible, in the lives and teachings of Christ Jesus and the Old Testament prophets. For the Bible shows that God, good, is all-powerful; that there is only one God, or power, who fills all space; that God is Spirit and has made man as His own child, or expression.

This truth is the basis of Christian Science and the basis upon which students of this Science practice it, healing themselves and others of all kinds of loss and trouble. They learn from their study of the Bible, and *Science and Health* by Mrs. Eddy that an unhappy experience is the result of one's thought and that the picture will improve when one's thinking does. So in order to find freedom, as did the crippled woman Jesus healed, one must open his thought to the healing power of spiritual truth and refuse to be deceived by the material lie. Instead of folding up mentally and accepting defeat, one can let God's spiritual ideas unfold in thought and in this way find joy and wholeness.

In *Miscellaneous Writings* Mrs. Eddy says: "Do human hopes deceive? is joy a trembler? Then, weary pilgrim, unloose the latchet of thy sandals; for the place whereon thou standest is sacred. By that, you may know you are parting with a material sense of life and happiness to win the spiritual sense of good. O learn to lose with God! and you find Life eternal: you gain all."³ Mrs. Eddy spoke from experience about this sacred place. After being widowed she was separated from her only child as a result of ill health and financial difficulties. Some years later she was seriously injured in an accident. Calling for her Bible, she read in Matthew how Jesus had healed a man of palsy. Later she wrote, "As I read, the healing Truth dawned upon my sense; and the result was that I rose, dressed myself, and ever after was in better health than I had before enjoyed."⁴

Mrs. Eddy's healing marked a great turning point, not only in her own life but for the world. This sacred place of loss was the avenue through which she discovered Christian Science. Many years later she was described by the editor of the *Cosmopolitan* magazine as "the extraordinary woman who, nearly eighty-seven years of age, plays so great a part in the world and leads with such conspicuous success her very great following."⁵ Some months afterward Mrs. Eddy began working to establish *The*

Christian Science Monitor, a daily newspaper that has since become internationally known and respected. Imagine the loss to all mankind had she accepted her own early losses as defeat!

Christ Jesus established an all-time criterion for winning and losing when he rebuked Peter, who had urged him to save himself from the ordeal of the cross. Jesus said: "Whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it. For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?"⁶ What, indeed, shall we give, or lose, in exchange for our soul, our spiritual sense of God—of Life and Truth?

I found an answer to this question after the loss of my husband and several other members of my family. To overcome grief I found I must give up my sense of man as a physical person. By seeking a spiritual view of myself and everyone, including these loved ones, as eternal expressions of God, I found peace and new, happy relationships. Also, my better understanding of God's indestructible goodness led to a broader, fuller experience. In turning to God as my protector and the source of all good, I turned away from heavy reliance on money. Reasoning that as God's image I reflected all His qualities, and really understanding this truth, I was able to continue in my husband's business successfully.

Popular theology teaches that suffering and sacrifice of good are requisite for spiritual achievement, for salvation and redemption. Not so did Jesus. He said: "Take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? . . . But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you,"⁷ thus establishing priorities. "These things" are not the real issue nor prize. It's right for us to have them, but they are not an end in or of themselves. When an understanding of the goodness and allness of God, or Spirit, becomes our goal, we realize that we have won the true prize—His spiritual ideas—and that they can never be lost. They are held forever in God, as a part of His allness.

So what should we do when we seem to encounter loss of what

we humanly hold dear? Certainly we should not view this loss as defeat. Instead we can turn to God, our loving Father, and replace the false, material sense of life and substance with the consciousness of ever-present Spirit, confidently knowing that all the good God has is eternally ours as His expression. This is how we can pray scientifically, lifting our view from matter to Spirit, gaining assurance of God's omnipresence and love. This is how we can lose belief in and fear of evil's reality and power.

As we allow spiritual ideas to fill our consciousness, our experience will improve, and our joy will no longer be insecure. Instead it will rest on the firm ground of the Science of Christianity. This is losing with God, losing or giving up belief in what is not real and gaining all—infinite spiritual good and Life eternal. This is awakening to the glorious fact that there are no losers!

¹ Luke 13:16; ² John 8:44; ³ *Mis.*, p. 341; ⁴ *ibid.*, p. 24; ⁵ *The First Church of Christ, Scientist, and Miscellany*, p. 272; ⁶ Matt. 16:25, 26; ⁷ 6:31, 33.

Which way— medicine or Christian Science?

RICHARD H. STRAIN

Most people are concerned enough about their bodies to want to know how to take care of them. Health laws have a widespread influence. But the whole premise of such laws is based on the belief that the mortal body is true substance.

Christian Science takes exactly the opposite approach, insisting that the mortal body is not the real substance of man. The way to keep the body most harmonious, this Science insists, is to

keep thought off the material concept of body and close to God—to let His qualities motivate both one's thoughts and one's life. The way to healing, when the body appears discordant, is to realize the complete, spiritual nature of man as the image of God and to let this realization remove from one's consciousness the erroneous thoughts that produced the discordant condition. This in turn heals the condition. Medical theory says matter is real; Christian Science says only Spirit is real.

A Christian Science practitioner's prayer of spiritual understanding heals the patient; more important, it brings spiritual regeneration to the individual. Christ Jesus urged his followers, "Ye shall know the truth, and the truth shall make you free."¹ The practitioner's prayer is in obedience to this admonition. He or she *knows* the truth, and through spiritual transformation the patient's thought is freed from the erroneous concepts, habits, or practices that have manifested themselves in the discordant condition.

A Christian Science practitioner does not pray for someone who has agreed to medical treatment; this would result in confusion in the patient's thought, and one type of treatment would tend to nullify the other. The Christian Scientist who turns to material means for healing is actually opposing his own confidence in the omnipotent power of God. His vision of Spirit's allness dims, and he finds himself dealing with a physical body that is registering in his thought as being real and in trouble. This is the exact opposite of what happens through Christian Science treatment.

The result of scientific prayer is always to lift thought above the body and matter. Treatment moves us closer to God and His qualities, which heal—it conforms thought to Truth. Without such a change there is no scientific healing.

Discordant physical conditions are the result of erroneous thought. Surgery may cut out a tumor, an appendix, tonsils, but it cannot eliminate the mortal thought that originally—in belief, and directly or indirectly—is responsible for the condition. When such thought remains unhealed, it is liable to produce an erroneous manifestation on the body again, as the reappearance of the same condition or in a different form.

To illustrate, when I was a boy I developed tuberculosis. A very loving and brilliant doctor treated me. He performed an experimental operation, which was pronounced successful, and I was sent back to a normal life, apparently healed. About ten years later the condition reappeared, with all the symptoms I had had before. But by this time I had begun the study of Christian Science, and so I turned to a practitioner for help, and he and I began to pray.

Although a fairly new student, I knew enough to realize that the disease had stayed in thought during those years and it had now reappeared to be removed. I couldn't carry this erroneous thinking around any longer if I understood my spiritual identity in Science.

As a result of the practitioner's prayers and my study, one night an opening appeared on the body, similar to the incision made ten years earlier. After draining, the wound closed up and healed over, leaving no scar. All my energy returned. I was completely healed. But this time I stepped forth from the challenge more spiritually-minded than before, more confident in the power of God to take care of all ills, and much more aware of God's love for me. I had experienced physical healing through spiritual regeneration.

Jesus said, "God is a Spirit: and they that worship him must worship him in spirit and in truth."² I had accepted certain truths—that God is Spirit, that man is His spiritual representation, that man is blessed by all the spiritual qualities of God, that man has no connection with matter and therefore can express only what God causes him to express. I had reasoned metaphysically—acknowledging perfect God, Spirit, and perfect man, His reflection—and had refused to give reality to matter.

Because I filled my consciousness with God's love and felt its all-embracing power, I was able to overcome fear. Keeping my thought on God's allness, I had lifted my consciousness above "me and my problem," and the healing took place. That was many years ago, and there has never been a recurrence of the slightest symptom. Mrs. Eddy once commended a group of Christian Scientists: "It rejoices me that you are recognizing the proper course, unfurling your banner to the breeze of God, and

sailing over rough seas with the helm in His hands. Steering thus, the waiting waves will weave for you their winning webs of life in looms of love that line the sacred shores. The right way wins the right of way, even the way of Truth and Love whereby all our debts are paid, mankind blessed, and God glorified.”³

The way of Christian Science healing is a sure way. As one faithfully and consistently follows the rules that are laid down in *Science and Health* and Mrs. Eddy’s other writings, one cannot help being successful. This is the way Jesus presented to the people of his time—the way that led to the establishment of Christianity. Mrs. Eddy discovered the laws governing this method of spiritual healing and presented and explained these specific rules. If one abides by Jesus’ teachings and follows the rules of Christian Science, he discovers he has dominion over the material body. No longer does he fear he is subject to every health law that is laid down. He rests in the assurance that God provides the sure solution to any problem that might arise. He discovers a happiness and spiritual freedom he could obtain in no other way, because he is following the way of scientific healing.

¹ John 8:32; ² 4:24; ³ *The First Church of Christ, Scientist, and Miscellany*, p. 232.

Vigorous study

Dig deep, brother,
beyond mere scan—
then silence mortal distraction
and feel Love’s presence—propelling you
into seeing
man’s intact being

Now dig even deeper,
marveling at inspiration
flowing—
and the healing comes!

BRETT L. STAFFORD

Editorials



GEOFFREY J. BARRATT
Editor

NAOMI PRICE
Associate Editor

NATHAN A. TALBOT
Associate Editor

The stimulus of Science

Sometimes we improve only in response to the stimulus of some kind of penalty—or threat of penalty. I remember reading a humorist's confession:

*Nothing improves my driving
To quite the same extent
As a police car just arriving
Or a police car that's just went!*

The underlying point, though, is no laughing matter.

The call to progress with a minimum of penalties/punishments finds an answer in Christian Science, which signposts a spiritual way to move forward. This way is infinitely better than the way of trial and error, mistake and pain.

The positive spiritual way of moving from *A* to worthwhile goal *B* needs an understanding of divine metaphysics. It needs the stimulus of Science. The ordinary sense of progress is bound in with the concepts of imperfection—matter, space, time—of getting from *here* to *there*. Real being is infinite, eternal, perfect, omnipresent. We maximize our improvement as we exchange, as fast as we can, beliefs in matter and mortal persons for the realities of metaphysics. Doing this, we come to realize that the route between *A* and *B* can be shortened. What is the true essence of all our proper and worthwhile goals? Science says: the consciousness of present and permanent spiritual perfection. This consciousness is an immediate possibility.

Prayer—spiritual acknowledgment of the ever-present intelligence and love of God—is the way to spiritual consciousness.

Trying to do better from a merely mortal viewpoint could be likened to clambering up the almost vertical walls of a quarry.

It can be frustrating and fruitless. Even a hard effort to reach a particular good destination, if it lacks the direction of divine Science, will mean walking crablike, only half facing ahead. The real man, molded to God's unflawed design, lives already at the point of total good. In Science, this is the starting point and the finishing point of pure, spiritual realization. Man's real selfhood has never been severed from all good. To the extent we take on this perspective, we hasten improvement in all aspects of life.

The teachings and the influence for good of Christ Jesus show the possibilities for improving the lot of all humanity. He introduced mankind to a completely fresh perspective. His incomparably sharp spiritual vision saw man's real self in God's image. Speaking of his Christly identity, he said, "I and my Father are one."¹ No man or woman has been as progressive as this man. He knew what he was and where he was—God's immortal idea, always dwelling in the heights of spiritual being. His primary goal was not to perfect mortals, but to show us how to perfect our sense of God and man. There's no more productive and improving exercise than this.

Christian metaphysics as taught in *Science and Health with Key to the Scriptures* by Mary Baker Eddy indicates to us today the right approach to take. While Mrs. Eddy knew that mortals have to face up to their shortcomings and overcome them—sometimes through endless patience, great humility, and maybe some spasms of pain—she was convinced that the prospect of doing this need not be bleak or endlessly prolonged. "Mankind will improve through Science and Christianity," she writes. "The necessity for uplifting the race is father to the fact that Mind can do it; for Mind can impart purity instead of impurity, strength instead of weakness, and health instead of disease."²

What divine Mind initiates, mortal mind can't frustrate. Mind is capable of imparting intelligence, vision, energy. What Mind is capable of imparting, Mind has already imparted. Mind's work is already done and is eternally blossoming. The divine Mind is man's only cause, man's only Mind. To be a conscious transparency for this Mind is to start netting large catches of fresh and refreshing spiritual insights. Progress is more spontaneous. Penalties more and more obsolete.

We do the best with what we seem to be by realizing what we spiritually are. And how can we pinpoint what we spiritually are? One way is to study the synonyms Christian Science uses for God: Life, Truth, Principle, Love, Soul, Mind, Spirit. Then ponder what each means for man, the outcome of God. Then ask ourselves, What does it imply about my real identity, that I am the outcome of Mind? Of Life? Of Truth? And so on. Engaging in this spiritualizing, impersonalizing activity, we can't help but prompt our improvement. Such work is the opposite of the mode of mortal mind, which would urge developing the personal self, pushing it forward, treating it as Number One mortal in a world of other mortals.

We can't improve God and His spiritual man and cosmos. But we can improve our sense of man and the cosmos through divine Science. Penalty and suffering of themselves don't really improve us, though they may urge us to do what does stimulate our progress—that is, realizing true being in Science.

GEOFFREY J. BARRATT

¹ John 10:30; ² *Science and Health*, p. 371.

Healing without delay

“Are you going to the concert?”

“No! I have a bad cold (or a stomach upset, or a sprained ankle), and I'm not going out of the house until I'm better.”

“But the concert is on Saturday, and today is only Wednesday. Are you planning to be ill for three more days? Why not expect to be healed today?”

Why not, indeed! This is an imaginary conversation, but it's a good question. Why do we not always look for instant healing? Cures would often take place much more quickly if we didn't go along with commonly held medical belief that certain physical illnesses take certain lengths of time to overcome.

Christian Science follows the leading of Christ Jesus in encouraging the sick to expect immediate recovery from disease and discord, no matter what the nature of the ailment may be.

Luke's Gospel makes a special feature of the immediacy of the healings brought about by Jesus. Its author, traditionally held to be a physician, was apparently impressed by this aspect of the Master's demonstration of divine power, since he describes many instant cures. He says that when Jesus touched a leper "immediately the leprosy departed from him." Likewise, when he spoke to a longtime invalid who was sick of the palsy, immediately the man "rose up before them, and took up that whereon he lay, and departed to his own house, glorifying God."¹ And when he took Jairus's daughter by the hand, the girl "arose straightway,"² despite the fact that she had been considered dead.

Case after case of instantaneous healing is recorded in Luke's Gospel. The centurion's servant, the dead man outside the city of Nain, the lunatic at Gadara, the epileptic boy whom Jesus' disciples failed to heal. And many people in the crowds who clustered around the Master were cured "of their infirmities and plagues, and of evil spirits; and unto many that were blind he gave sight."³

Jesus healed through the Christ, Truth, the divine idea of God. The Christ-idea that he embodied enabled him to discern the actual, spiritual, perfect nature of man and the universe right where the diseased or dead mortals seemed to be. Unimpressed by the appearance of evil, by the arguments of mortal belief and medical opinion, he expected to see instant reversal of physical conditions, and life and health to be immediately established in place of death and disease.

Mrs. Eddy writes: "He annulled the laws of matter, showing them to be laws of mortal mind, not of God. He showed the need of changing this mind and its abortive laws. He demanded a change of consciousness and evidence, and effected this change through the higher laws of God. The palsied hand moved, despite the boastful sense of physical law and order. Jesus stooped not to human consciousness, nor to the evidence of the senses."⁴

The "higher laws of God" are as available and operative today as they were in Jesus' time. They were revealed to Mrs. Eddy through inspiration, and after proving their effectiveness in healing she gave the understanding of them to the world

in her book *Science and Health*, and explained how anyone can use them, as she did, to heal himself and others.

God's laws are immutable laws of health and harmony to His universe and man. The real spiritual man and woman, who are created in the divine image, are unable to depart from their perfect state of wholeness and sinless satisfaction. There is no power in God's allness that can harm them, contaminate them, condemn them to suffering, or deprive them of life. Their identity is safe and sound forever in the heavenly kingdom. They live and enjoy eternally the unfolding goodness of infinite, divine Love.

A glimpse of the immutable laws of God, good, enables one to dispute the evidence and claims of medical law and any other physical belief. Laws claiming to pertain to sickness—its conditions and duration—are illegitimate. They are not valid laws, and their claims should be resisted. We have divine authority for mentally demanding that all discord disappear immediately, and pain and fever yield to the higher law of harmony, so that the serenity of true consciousness may appear in healthy bodily conditions.

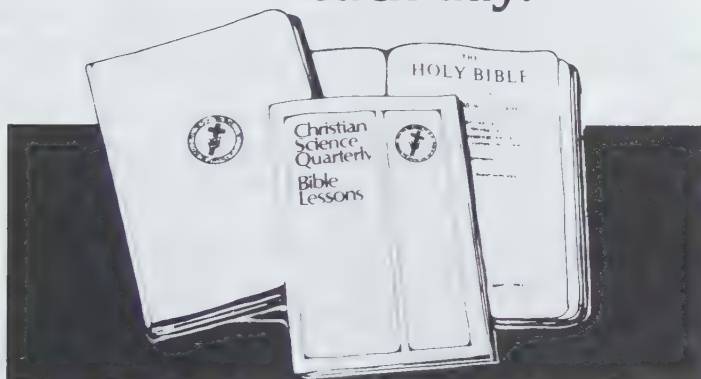
The consequence of such firmness in denying error and claiming the presence of true being must be healing. The physical body is the objectification of mortal thought, so when thought is corrected with the Christly understanding of divine law, the body must correspondingly and quickly improve.

Healings through the invocation of divine law are sometimes dramatic in their rapidity. If they are slower in appearing, it may be that the human mind has been reluctant to shed a medical theory concerning the course that a particular disease can be expected to run. In such a case we may see a challenge to be firmer in our dismissal of false theories and more definite in demanding to see evidence of healing without delay. The Christ-idea of present perfection is supported by divine law. It cannot fail to be effective when fully acknowledged and obeyed.

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¹ Luke 5:13, 25; ² 8:55; ³ 7:21; ⁴ *Unity of Good*, p. 11.

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Bärbel and the Shunammite

Hedwig Hanisch

[Original in German]

On the ground floor of the house where Bärbel lived with her parents and brothers was a kindergarten, which Bärbel attended.

Everything was fine until one after another the children in the kindergarten were absent. They all were excused with the same illness, and several times Bärbel heard it being described.

Then one morning she woke up with all those symptoms and felt so miserable she didn't want to get out of bed. Mother reminded her of the prayer for little children by Mrs. Eddy, which Bärbel prayed every night and which reads:

Father-Mother God,
Loving me,—
Guard me when I sleep;
Guide my little feet
Up to Thee.¹

Bärbel began to feel better, so her mother helped her to get dressed. But at the breakfast table Bärbel started to cry even more, and she didn't want to eat. Then Mother took her to Grandmother, who lived in the same house. Mother said, "Please tell her a story until I finish the housework."

This was a familiar thing for Bärbel, since her grandmother had often told her Bible stories or read aloud the articles for children from *The Herald of Christian Science*.

Grandmother took the little girl on her lap and began to tell her the story about the Shunammite woman, who always welcomed in the prophet Elisha whenever he came to Shunem. The Shunammite must have liked to listen when Elisha talked about God. She must have begun to under-



stand that God loves His children and that He always gives them everything good.

The Shunammite had many good things, but there was one thing she did not have. She longed very much to have a child. One day, when the prophet had again stayed in her house, he said to her before leaving, "About this season, according to the time of life, thou shalt embrace a son."²

All this was very interesting to Bärbel, because she loved her dolls. She was very happy to hear that the Shunammite really did have a son, and she could imagine how lovingly she brought up her child. Then tears came to Bärbel's eyes when she heard about the sudden sickness and death of the little fellow. But the Bible says the Shunammite didn't give up. She immediately rode out to see the prophet. When she got there, Gehazi, the prophet's servant, asked how her husband and their son were, and she answered, "It is well." At this, Bärbel was very surprised. She said, "But she lied!"

But Grandmother reminded her of the wonderful, true words in the first chapter of the Bible, "God created man in his own image." And later these words: "God saw every thing that he had made, and, behold, it was very good."³

So when the Shunammite said, "It is well," she was telling the absolute truth. Little by little, Bärbel understood that the man God made can neither become sick nor die because he belongs to God's good and perfect spiritual creation. Because Elisha understood something of this, he was able to make the little boy well and restore him to his mother.

Bärbel liked this happy ending. She sat quietly for another moment while her grandmother prayed quietly. Then Bärbel exclaimed, "Now I understand why everything is always well. I feel fine!" With that she jumped from her grandmother's lap and ran down to the kindergarten.

¹ *Miscellaneous Writings*, p. 400; ² II Kings 4:16; ³ Gen. 1:27, 31.

Testimonies of Christian Science Healing

[Original in Italian]

“To those leaning on the sustaining infinite, to-day is big with blessings.” This promise in the Preface that opens the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, has accompanied all my days since I learned about Christian Science, almost forty years ago.

Many physical healings and many proofs of the constant help given us by our loving Father-Mother God have been the fruit of study and of my complete reliance upon the teachings of Christian Science.

I remember, in particular, one evening when I was seized with severe chest pain that momentarily paralyzed my arms. Deeply disturbed, I sought the help of a Christian Science practitioner and held fast to the message of peace that we read in *Science and Health*, where Mrs. Eddy writes (p. 1), “The prayer that reforms the sinner and heals the sick is an absolute faith that all things are possible to God,—a spiritual understanding of Him, an unselfed love.” And in Proverbs we read (3:25, 26): “Be not afraid of sudden fear For the Lord shall be thy confidence.” I understood that I was not alone, but that God, the loving Father-Mother, is always with His children. I felt a great peace and was able to sleep, resting in the certainty that God was taking care of me. Upon waking the following morning, I was perfectly well.

Another healing, the memory of and gratitude for which are still alive in me, occurred one night when I suffered from

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

pneumonia. The condition seemed to prevent my breathing naturally. With the prayer of a faithful practitioner, and attended by my grandson, who stayed beside me reading excerpts from *Science and Health*, I understood that in reality I was completely governed by God and that only good could be part of me. The fever disappeared that same night, and the healing has been complete and permanent.

Christian Science has not only been for me a source of physical healing; but it has also been the light that has guided me day by day to know God as Love, as a Father who provides His children's every need, as Christ Jesus demonstrated in his healing ministry. The knowledge that in the kingdom of God there is no despair, poverty, or limitation, but abundance of joy and fullness of peace, has blessed not only me but also dear friends with whom I have shared the message of Christian Science. They have been able, in this way, to find work, and peace and serenity in their lives.

I am so grateful to understand through Christian Science that God, who is good, governs us and keeps us in perfect harmony. He is near us, never withdrawn. Paul writes (Acts 17:28), "In him we live, and move, and have our being."

Moreover, I am deeply grateful for the Christian Science practitioners and for all those who actively dedicate themselves to the spreading of the truth taught us by this marvelous Science. I am grateful for class instruction and to be a member of The Mother Church and a member of the branch church in my city.

(Mrs.) NATALIA LILETTE GIANI
Milan, Italy



At one time, whenever I went to the seashore, I broke out in a rash. Invariably, I would have to stay in the shade. Salves and ointments were not effective in curing the condition. Eventually, I began a renewed, earnest study of Christian Science. When the next beach holiday came along, I wanted to solve the problem with Christian Science.

After exposure to the sun for several days, the rash condition again appeared on my hands and legs. At home I studied the biblical account of spiritual creation in the first chapter of Genesis, as well as passages in *Science and Health* by Mrs. Eddy in the chapter "Genesis." I learned that God's creation is totally spiritual and unfolds as His spiritual ideas. Man is the image of God. No material belief could blemish my true identity as the image of Mind.

In my prayer I saw that I could only be exposed to God's law of love. This spiritual fact, realized, replaced the false belief that I could suffer from exposure to a false law of mortal mind. God, Truth, was a shield to insulate me from the belief that matter had intelligence or could injure me.

These spiritual truths poured into my thirsty thought. I felt the sweet healing balm of the Christ. Soon the rash disappeared from my hands and legs. Aggressive suggestion argued that it would return, but I stood my ground, firm in the clear realization of spiritual facts that had come to me. In my many trips to the beach since, the skin condition has not recurred. I have been completely healed, proving, as the Psalmist said (Ps. 121:6), "the sun shall not smite thee by day, nor the moon by night."

The thrilling thing in my study of Christian Science is the challenge to spiritualize every aspect of my life. I have yet much to learn. But the redemptive, regenerative power of the Christ, Truth, has changed my whole way of living. I was redeemed from an attraction to shallow materialism, heavy drinking, and smoking. I now have a desire to strive to be more unselfish, and to serve God by serving humanity.

Another healing caused me to grow in the understanding of divine metaphysics. One of my thumbs became infected, and after a time frightening symptoms appeared on my upper arm. My family was afraid I had blood poisoning. I also became afraid and realized I needed to wholeheartedly apply Christian Science for healing. It was the first time I was to apply it on my own.

I asked God what I should do. I was prompted to look up the word "hands." My mother showed me how to find references in Concordances to the Bible and *Science and Health*. In *Science and Health* I found this statement about a Bible reference to "hands"

(p. 38): "Here the word *hands* is used metaphorically, as in the text, 'The right hand of the Lord is exalted.' It expresses spiritual power; otherwise the healing could not have been done spiritually." As I read and pondered these truths, I glimpsed that "hand" is something besides matter. Heretofore, I had only believed in the reality of the physical senses. Now I began to look beyond the material evidence into divine metaphysics. "The right hand of the Lord" signifying God's spiritual power became a reality to me.

I was aware that God's spiritual power was far greater than my frightened view of a material hand and its infected thumb. As the spiritual sense of God's power became exalted in my thought, the material view became less frightening. I felt peace and calm. Truly "the right hand of the Lord" was being exalted. I went to sleep feeling happy and close to God. During the night the infection passed off naturally, and in the morning my thumb was normal.

This healing was the beginning of a life of striving to look beyond matter into spiritual reality. The power of scientific metaphysics as taught in Christian Science has made this striving thrilling and glorious.

(Mrs.) JEAN HILL MOORMAN
St. Paul, Minnesota



In the fall of 1975 my wife was considering a return to college and mentioned that it would be a good time for me to finally obtain my degree. I dismissed this idea at first because I couldn't conceive of myself as a college student again, after being out for over six years, and I was currently enjoying a career in management. Previously I had attended six different universities with a major in law. Due to transfer losses, I had never gotten a degree and had always harbored a little resentment at not finishing.

Well, the prospect was intriguing, but I began to entertain some negative arguments such as, "I am too old to be a student again"; "We can't afford it"; "I have lost too many credit

hours”; or “I can’t recall enough math to pass.” Every one of these arguments, which stemmed from limited, willful thinking, had to be reversed with Christlike truths of man’s dominion. Verses eight to thirteen of chapter fifty-five in Isaiah really brought this to light.

As each negative argument was met, I finally had my enrollment interview with the chairman of the business department. After the interview I came away very distraught, as I was told that some of the credits I had counted on would not transfer, and some very basic freshman courses would have to be repeated. My wife and I had an understanding we would be prepared to make many sacrifices the next year, buying only bare necessities and taking no trips. Also we had mentioned the possibility of my quitting my job and applying for a student loan.

Again, I had to reconfirm my trust in God’s allness and perfection, and that my true state included both supply and wisdom. A passage in *Science and Health* by Mrs. Eddy states (p. 319), “To calculate one’s life-prospects from a material basis, would infringe upon spiritual law and misguide human hope.” This cleared up my muddled, limited vision of the next year. I was immediately led to check for any courses that I could take through correspondence before the spring semester began, and found two in American history, courses I needed to repeat. I was able to finish one during the Christmas holidays and the other during my spring break.

Step by step everything opened up. I was able to select a perfect schedule for a complex load of forty-eight semester hours, arranged around my work, and complete them in one year with high marks. My area of study in marketing management complemented my job beautifully.

Right before the fall semester, I felt I should ask again to receive credit for a full semester’s advanced work I had completed in law. I prayed with the understanding that nothing can be lost in God’s perfect plan for His children. Both the dean of business school and the director of admissions reversed their previous rulings, and this enabled me to graduate earlier than expected.

My wife and I did not have to "hold our breath," as we had previously expected. We lived very comfortably, did not have to take out a loan, and even had a car trip through the Northwest between school sessions. We had a deeper appreciation and understanding of God's love. This enlarged measure of good in our lives included another fulfilling event for which we had not calculated. We had a son born a few weeks after graduation.

LEE F. SIGNOR
Willis, Texas



I have been a student of Christian Science since my husband took me into his home as a bride. I knew nothing good of Christian Science and was even warned by my family, "You know he is a Christian Scientist, don't you?" But it was my conviction that if I were to marry a man who was a sincere member of any church, I would join him, for the sake of unity and harmony in our family.

I was soon faithfully studying the Bible, together with *Science and Health* by Mrs. Eddy, and proving what I was learning in many ways. I realized that this step of marriage had been Love's provision, because I found the great truth of Life for which I had been longing for many years.

My first healing was that of morning sickness when our child was on his way. After enduring the distress a day or so, I wrote to a Christian Science practitioner, who had helped my husband in the past. I was never troubled again, so immediate was the healing. I realized it was not a person who was the healer, but God in His infinite goodness.

Another healing I recall while I was still a very young student was a case of constipation. Our very young son had not had a bowel movement for much beyond a normal time, and we were very concerned. We were having the prayerful help of a fine practitioner, but there seemed to be no action.

I remember my husband calling me from his work one day. Suddenly, as his voice came over the telephone, I felt as though a burden had dropped from us, and I said, "He's *all* right." I was

sure of the child's well-being, not as a mortal but as a loved child of God. I felt the relief my husband was feeling at the other end of the phone. When I went back to the bathroom, I found the child had had a normal bowel movement. As far as I know our son never was bothered with that problem again.

Over the years I have been most grateful for this marvelous Science our beloved Leader, Mrs. Eddy, gave her lifetime to gain and to set forth clearly in *Science and Health*, for the enlightenment and healing of mankind.

Mrs. Eddy tells us in the *Manual of The Mother Church* (Art. VIII, Sect. 15), "God requires our whole heart, and He supplies within the wide channels of The Mother Church dutiful and sufficient occupation for all its members." And, indeed, I have found it so.

I am most grateful for the many activities provided for our growth in spiritual understanding, including the church services, the Bible Lessons in the *Christian Science Quarterly*, and class instruction. All of the activities contribute to our unity and strength in love and goodness.

(Mrs.) MARION S. RUHL
Las Vegas, Nevada



Several years ago I developed a fear of subway steps. The fear and tension mounted. At the same time a painful skin condition erupted that confined me to bed for a week. I spent that week purifying my thought by reading *Science and Health* by Mrs. Eddy, as well as the Christian Science periodicals. I received prayerful help from a Christian Science practitioner, with whom I made an appointment for the end of the week.

As I left my apartment to keep the appointment, I felt the still small voice warning me against wastefulness. Taking a taxi seemed wasteful to me under the circumstances, and I walked to the nearest subway entrance. The fear had dropped away and I walked freely down the steps, rejoicing and thanking God for the healing. I realized that without wavering I had been obedient to God's guidance. The painful skin condition left me within a few days.

Another healing took place a couple of years ago. One evening I attended a concert with a few friends, and when it was over, we headed backstage to thank the artists for their beautiful performance. I was the last of our group to walk up the stairs leading to the stage. Apparently, I walked too close to the edge of the stage, and I fell more than six feet to the floor of the hall. I landed in a twisted position, hitting the top of my head, which swelled up in seconds. I was frightened and in pain, and I heard someone say, "Call an ambulance quickly, this is serious."

I said to myself, "This cannot be true; it is a dream." One of my friends, who is a Christian Science practitioner, knelt down and lovingly kept whispering strong statements of truth in my ear, refuting all the negative arguments. The first statement I recall her saying was from *Science and Health* (p. 424): "Under divine Providence there can be no accidents, since there is no room for imperfection in perfection." My friend handled the situation most lovingly, allaying the fears of the crowd surrounding me. I silently repeated "the scientific statement of being" (see *ibid.*, p. 468) while my friend prayed.

When the ambulance arrived, I said I would try to get up, and with some help I walked to a nearby chair, amazing everyone. The ambulance left without me. I sat for a while affirming the truth, and then I was helped to a car. My friends and I drove to a reception for the artists, as previously planned. By the following morning the lump on my head had virtually disappeared; I was free of pain and was able to go to my office in the afternoon. Toward the end of the week all discomfort was gone and the healing was complete.

I want to express my gratitude for this quick healing, part of which was the healing of self-pity, which seemed to overwhelm me at the time.

I wish to express deep gratitude to God for the gift of Christian Science to mankind and my appreciation for Mrs. Eddy's love and wisdom and willingness to follow divine guidance. I am grateful for class instruction and the yearly association meeting.

(Miss) JOSEPHINE ENGEL
New York, New York

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UNITED STATES

(Week of August 13 to 19,
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CALIFORNIA—Los Angeles (Fourteenth): Church, 3690 Motor Ave., 8 p.m., Fri., Aug. 18.‡ "Go Forth in Safety" (Driver)

South Pasadena: Junior High School Auditorium, 1600 Oak St., 7:30 p.m., Thurs., Aug. 17.‡ "Go Forth in Safety" (Driver)

MICHIGAN—Detroit (Second): Belle Isle Band Shell, Belle Isle, 7:45 p.m., Thurs., Aug. 3. "Why Spiritual Healing?" (McClain)

Grand Blanc (joint lecture): First Congregational Church, United Church of Christ, 6494 S. Belsay Rd., 4 p.m., Sun., Aug. 13.‡ "Evil: Its Nature and Demise" (Spencer)

MISSISSIPPI—Jackson: Church, 755 Riverside Dr., 8 p.m., Mon., Aug. 14.‡ "No, You're Not Trapped!" (Leever)

TEXAS—Houston (Fourth): Church, 4910 Montrose Blvd., 3 p.m., Sun., Aug. 13.‡ "No, You're Not Trapped!" (Leever)

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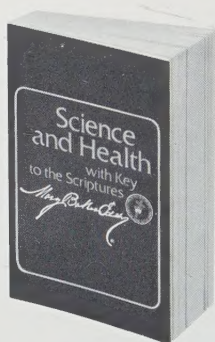
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